I. Read the article and choose the corresponding word

THE PROS AND CONS OF A VEGAN DIET

Making the lifestyle change all at once can be <u>overwhelming/unbothered</u>. You've heard of a vegetarian diet – no meat or fish. But vegans take it a step further by <u>adding/cutting out</u> all animal products.

Pros
- An improved health potential

Vegan diets are cholesterol-free and low in saturated fat. If you're at risk for chronic <u>diseases</u> such as heart disease or cancer, this could be an ideal diet for you.

- A(n) <u>reduction/increase</u> in antioxidants

Antioxidants are important in our alimentation. Vegan diets are full of antioxidant-rich foods like vegetables, fruits, beans, legumes, and more.

- A lifestyle choice

Many people choose to adopt the vegan diet because of their love for animals. In addition, vegan values include <u>concern/indifference</u> for the environment, as a vegan lifestyle often supports sustainable agriculture and reduces the carbon footprint associated with meat-producing operations.

Cons
- Another reason to read food labels?

An <u>apparently/complete</u> vegan food might just contain ingredients that aren't suitable for a vegan diet. Take for example gelatin, which is derived from meat, and whey, which is derived from milk.

- Sticking to a strict diet

In addition to not eating meat, fish, or poultry, vegans <u>steer clear/uses</u> any animal products. That includes honey, eggs, cosmetics derived from animal products, and more. If you choose to go vegan, you may have a hard time choosing from the menu when dining out.

- A lack of protein

A healthy diet should incorporate some form of protein into every meal. Since vegans <u>keep/forego</u> typical protein sources like meat and eggs, they have to incorporate them through different means. If you're thinking about going vegan, it's time to stock up on plant-based protein such as soy, quinoa, lentils, and beans.

II. Write one sentence using the word you didn't choose in the previous exercise

1. _____

2. _____

3. _____

4. _____

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7. _____

8. _____